

# HAPPY NEW YEAR

## Menus for January 2020

ROSEVILLE CITY SCHOOL DISTRICT  
This institution is an equal opportunity provider.  
Menus are subject to change.

# WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for  
convenient, economical,  
healthy meals!

Breakfast

\$1.25

K-5 Lunch

\$3.00

Pay online at [EZSchoolPay.com](http://EZSchoolPay.com)

## Available Daily

Every complete meal we serve comes with choice of entrée, garden bar and your choice of low fat white or non-fat chocolate milk.

Monday, January 6



No  
School  
Today

Tuesday, January 7

**Lunch**  
CHICKEN NUGGETS  
OR  
GRILLED CHEESE  
SANDWICH

Wednesday, January 8

**Lunch**  
CHICKEN PATTY  
SANDWICH  
OR  
CHEESE BREADSTICKS  
WITH MARINARA

Thursday, January 9

**Lunch**  
ORANGE CHICKEN BOWL  
OR  
CHEESE PIZZA

Friday, January 10

**Lunch**  
FISH & CHIPS  
OR  
CHEESE ENCHILADAS  
  
COOKIE



## CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, January 13

**Lunch**  
CHICKEN NUGGETS  
OR  
BEAN & CHEESE BURRITO

Tuesday, January 14

**Lunch**  
BEEF TACO  
OR  
CHEESE PIZZA

Wednesday, January 15

**Lunch**  
BBQ CHICKEN DRUMSTICK  
OR  
BREAKFAST FOR LUNCH

Thursday, January 16

**Lunch**  
ROTINI WITH MEAT  
SAUCE  
OR  
GRILLED CHEESE  
SANDWICH

Friday, January 17

**Lunch**  
TURKEY SANDWICH  
OR  
MACARONI & CHEESE  
  
COOKIE



What's on **YOUR** plate?



**Q:** How can you tell if your beans need a shower?!



**A:** Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**DON'T 4 GET!**  
To make a lunch,  
choose at least one

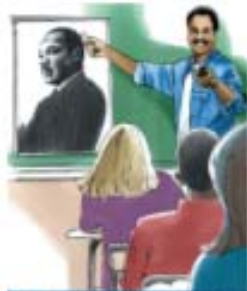


and **3-5**  
**items**  
**total**



**HELP WANTED**  
Join our team of on-call CAFETERIA staff. You can still be available when your family needs you. Call RCSD today for more information. 916-771-1675

Monday, January 20



School will be closed in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 21

**Lunch**  
CHICKEN NUGGETS  
OR  
GRILLED CHEESE SANDWICH

Wednesday, January 22

**Lunch**  
CHICKEN PATTY SANDWICH  
OR  
CHEESE BREADSTICKS WITH MARINARA

Thursday, January 23

**Lunch**  
ORANGE CHICKEN BOWL  
OR  
CHEESE PIZZA

Friday, January 24

**Lunch**  
FISH & CHIPS  
OR  
CHEESE ENCHILADAS  
  
COOKIE

**Brain Ticklers**



Jimmy's Mom has 4 kids. She named the first Monday, the second Tuesday, and the third Wednesday. What did she name the fourth?

(Hold the page upside down and read it in a mirror for the answer!)

Answer

Monday, January 27

**Lunch**  
CHICKEN NUGGETS  
OR  
BEAN & CHEESE BURRITO

Tuesday, January 28

**Lunch**  
BEEF TACO  
OR  
CHEESE PIZZA

Wednesday, January 29

**Lunch**  
BBQ CHICKEN DRUMSTICK  
OR  
BREAKFAST FOR LUNCH

Thursday, January 30

**Lunch**  
ROTINI WITH MEAT SAUCE  
OR  
GRILLED CHEESE SANDWICH

Friday, January 31

**Lunch**  
TURKEY SANDWICH  
OR  
MACARONI & CHEESE  
  
COOKIE